

GROWTH IN SELF-ESTEEM:

THE KEY

TO

HEALTHY RELATIONSHIPS

"In all the world there is no one else exactly like me."

Virginia Satir

Do you want to grow in :

- **DISCOVERING** the "well" within/ the beautiful **work of art** you are?
- **KNOWING & ACCEPTING** yourself and others?
- **EXPERIENCING** inner healing and connectedness?

THEN, this 7-week workshop is for you!

Each session will include:

- ◆ Theoretical Presentation.
- ◆ Meaningful experiential activities, such as :
 - Journaling
 - Guided imagery
 - Creative expression.

DATE: Beginning **Wednesday, September 27, 2000.** 3:30-5:00 pm

PLACE: **SGW Annex Z Room 105**
2090 Mackay

INFO. & REG.: Michelina Bertone, SSA 848-3591